



HOW TO CHOOSE A PSYCHOTHERAPIST?

01

Take 3 breaths to think about it

Choosing a psychotherapist is an individual matter and is very personal. Before deciding on a particular approach, ask yourself a simple question: who would you feel comfortable talking to, and with whom would you be willing to open up?

02

Try and see

Give yourself permission to try. After the first two or three meetings (sometimes one is enough), you will know if you are comfortable and if you have established a good connection. If not, let's continue searching.

03

Relationship is the key

In all therapeutic approaches, the foundation lies in our relationship with the therapist. None of these approaches involve the therapist providing us with a ready-made plan of what to do to alleviate our suffering.

04

Speak

Don't be afraid to discuss your concerns with a specialist. No one will be offended if you ask questions or have doubts. Therapists are there to help you achieve the goals you are striving for.